

RADIO SHOW – UV Eye Protection

Sharon: This is the Healthy Kansas Minute. I'm Sharon Watson, and with me is Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment.

Summer means lots of sunshine, and the sun's ultra violet rays can lead to serious eye problems. What can people do to protect themselves?

Howard: It's true that UV rays can cause macular degeneration, cataracts, and other serious eye conditions. Wearing a wide-brimmed hat or cap while outdoors will keep about half of the sun's UV rays out of your eyes, and reduce the UV that can enter your eyes around any glasses you might be wearing.

Sharon: What about sunglasses, eyeglasses and contact lenses?

Howard: UV-absorbing eyewear provides the most protection. Both prescription and non-prescription glasses, sunglasses, contact lenses, and lens implants should be able to absorb both UV-A and UV-B rays. Check the labels to make sure that the lenses absorb at least 99 to 100 percent of both types of ultra violet rays.

Sharon: Thank you Dr. Rodenberg. To learn more about health in Kansas, please visit www.kdheks.gov. That's www.kdheks.gov. This has been the Healthy Kansas Minute!